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## Beach Sagewort

**Scientific Name:**

*Artemisia  
pycnocephala*

**Family:** Sunflower  
(Asteraceae)



English

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**Leaves:** Beach sagewort, also called sandhill sage and coastal sagewort, has deeply-divided, dramatic leaves that are soft and silvery. Each leaf is covered with very fine, densely matted hair.

**Flowers:** The tiny yellow flowers stand up above the plant on a spike.

**Fruit:** The seeds evolve inside each flower after it is pollinated, and then turns brown..

**Habitat:** These plants are found in rocky or sandy soils. In Golden Gate National Recreation Area, beach sagewort grows in the foredune plant community and the transitional zone community.

**Cultural Uses :** California Native Americans are known to use beach sagewort for a variety of medicinal purposes. Miwok has inserted beach sagewort into their nostrils to cure headaches and clear sinuses. The women have tied bundles of leaves around their bodies to promote blood circulation after childbirth. Coast Miwok has used beach sagewort to treat stomach aches, fevers and eye ailments. Cahuilla women and the Ohlone have used beach sagewort as a good luck charm by weaving necklaces to protect them from misfortune and ghosts, and from the dreams of the dead.

**Interesting Information:** The genus name refers to the Greek goddess, Artemis, that benefited from a plant in this family.